



## ON THE ROUTE OF THE ALPE ADRIA TRAIL

self-guided tour  
8 days / 7 nights



## DESCRIPTION

Starting point of this hiking holiday is Cividale del Friuli. The long-distance hike path Alpe Adria Trail starts in Carinthia and runs through Slovenia to Friuli-Venezia Giulia; therefore it is a meeting point of three cultures. The tour offers both culturally and naturally enormous variety: starting with the place of pilgrimage of Castelmonte, through Cormons, Karst and Brda to the end of this stage in Trieste, a former Habsburg city.

## CHARACTERISTICS OF THE ROUTE

This hiking track runs along existing paths which are connected to each other. It was conceived as an easy-to-walk pleasure trail in mainly non-alpine terrain. No climbing knowledge required.

The tour is suitable for children over 14 years.

## **A DAY BY DAY ACCOUNT OF THE ROUTE**

### **DAY 1: Arrival in Cividale del Friuli**

Individual arrival at the hotel in Cividale del Friuli.

### **DAY 2: Cividale del Friuli - Prepotto; (ascent approx. 550 m, descent approx. 575 m / approx. 7-8 hours)**

The path of the Langobard town takes us to Castelmonte, the oldest sanctuary in the region of Friuli-Venezia Giulia, even one of the oldest Christian sanctuaries. Enjoy the breath-taking view over the plain of Friuli and the Slovenian Brda. The day will end with a good glass of wine in Prepotto.

### **DAY 3: Prepotto – Smartno; (ascent approx. 625 m, descent approx. 475 m / approx. 5 hours)**

Today's route takes you along the Italian-Slovenian border, passes vine landscapes of the Collio and numerous churches. Today you will walk to Smartno, a small residential area in the township of Brda. Your gaze will wander from the Carnic Alps over the wide Friuli to the Adria.

### **DAY 4: Smartno – Cormons; (ascent approx. 350 m, descent approx. 525 m / approx. 4-5 hours)**

Surrounded by grape vine plants of the famous DOC vines, as well as old and autochthonous grape variety which play even more a role in recent years, you reach Cormons with its Habsburg flair. This small town is nowadays the cultural centre of the Collio. Indulge yourself in a taste of good wine in the Enoteca directly on the main square.

### **DAY 5: Cormons – Gradisca d'Isonzo; (ascent approx. 100 m, descent approx. 125 m / approx. 5-6 hours)**

Today you hike through the hilly landscape of the "Görzer Collio" with its vineyards to Gradisca. The name Gradisca has Slavic roots and means "settled place". Under Venetian rule it was built into a fortress against the Turkish threat from East in the end of the 15th century. During Austrian ruling the fort was used as prison. In the historic centre you will find the "Enoteca Regionale" (regional wine-store) in the Palazzo dei Provveditori (15th century), known as LA SERENISSIMA. You can taste different wines of the region and buy them. Further objects of interest are remainders of the mighty town walls.

### **DAY 6: Gradisca d'Isonzo - Monfalcone – Duino/Sistiana; (ascent approx. 725 m, descent approx. 675 m / approx. 8-9 hours; Optional tour: ascent approx. 475 m, descent approx. 450 m / approx. 6 hours + bus (ticket not included))**

You leave Gradisca and the plain of the Isonzo territory and hike through the barren karst, which is characterised by many traces of the First World War. Numerous subterranean water courses in the basin of the river Isonzo share your way today (e.g. Doberdo del Lago), as well as the water mouth of the river Timavo. This river with its length of 2 km is probably the shortest river in the world. The last part of the tour from Monfalcone to Duino/Sistiana can be shortened by using the bus (ticket not included). At the end of the day Duino welcomes you with its homonymous castle.

### **DAY 7: Duino/Sistiana – Trieste; (ascent approx. 475 m, descent approx. 500 m / approx. 7-8 hours)**

The first part of the route takes you on the famous trail of Rilke which is named after the homonymous German author. You continue as if on a terrace along the karst to Prosecco and the capital city of Friuli-Venezia Giulia, Trieste. Have a relaxed end of the day on the main square (Piazza della Libertà) with its opulent buildings.

### **DAY 8: Departure**

Individual departure or possibility to extend your stay.

## GENERAL INFORMATION:

- **Classification of the tour:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Starting point:** Cividale del Friuli
- **Arrival:**

By car: From the north via the motorway A10 to Villach and further on the A23 to Udine (exit Udine Nord); on the province road 54 to Cividale del Friuli; from the west via the A4 – via Milano and Venezia – and further on the A23 to Udine (exit Udine Sud); over San Giovanni al Natisone to Cividale del Friuli.

By train: good train connections to Cividale del Friuli. Timetables on: [www.deutschebahn.de](http://www.deutschebahn.de), [www.oebb.at](http://www.oebb.at), [www.trenitalia.com](http://www.trenitalia.com).

By plane: Airport Trieste, Venice, Treviso, Ljubljana. From all places there are good bus/train connections to Cividale del Friuli.
- **Accommodation:** Accommodation in guesthouses or hotels - 3\*\*\* category  
Attention: Tourist tax – if requested – has to be paid on the spot.
- **Parking:** Free unguarded car parking available at the start hotel.

## INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation in guesthouses or hotels of a 3\*\*\* category
- Breakfast buffet or full breakfast
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

## NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Bus ticket Monfalcone - Duino
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

## STARTING DATES 2019

<b>ARRIVAL</b>	every Sunday 07/04/2019 (first available date) to 29/09/2019 (last available date).
<b>NO DEPARTURE POSSIBLE</b>	no start possible from 21/07/2019 to 25/08/2019 (incl.)
<b>NON SCHEDULE ARRIVAL DATES</b>	minimum of 5 persons upon request!

## PRICES 2019

### SELF-GUIDED TOUR

Package price per person in a double room incl. breakfast	€ 598.00
Single room surcharge, per person	€ 149.00
High season surcharge, per person (June & September)	€ 35.00

### EXTRA NIGHTS IN CIVIDALE DEL FRIULI

Per person and night in a double room incl. breakfast	on request
Surcharge single room per night	on request

### EXTRA NIGHTS IN TRIESTE (HOTEL 4\*\*\*\*-CATEGORY)

Per person and night in a double room incl. breakfast	€ 74.00
Surcharge single room, per night	€ 35.00

We suggest travel insurance.